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A HALT MAY BE JUST A PREVIEW OF WHAT'S
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EXPRESS ILLUSTRATION

eo

EYE OPENERS

College Newspaper Plans Round-the-Clock Coverage

A set of quadruplets from Setauket, N.Y., have decided to attend the same college. Grace, Erin, Bobby and Danny Mele will attend Hartwick College in Oneonta, N.Y., in the fall. Says Grace: "We're going to savor these next few years together." Dad Robert Mele cried with happiness at the news — but not at the price. Scholarships and sibling discounts have greatly reduced the family's upcoming bill to about \$74,000 a year. (AP)

"Yeah, I've called 911 17 times, and just because I'm going to jail doesn't mean it's going to stop."

— **DAVID BOUCHARD** OF BRADENTON, FLA., WHO INTENDS TO LET NOTHING STAND IN HIS WAY OF MAKING FAKE 911 CALLS.

A Dramatic Reenactment Of Pre-GPS Life



A small plane crashed in Russia's Stavropol region on Friday when the pilot lost his bearings and decided to ask a tractor driver for directions. No one was hurt. Oleg Ugnivenko, a spokesman for the regional branch of Russia's Emergency Situations Ministry, said the pilot lost his way, saw a tractor below and decided to land to get advice from the driver. The plane grazed the tractor while landing in the field and broke its landing gear. (AP)

The Big Picture



THE AFTERMATH of the 114th Boston Marathon: a sea of crushed Poland Spring water cups littering the streets of Wellesley, Mass., which is near the midpoint of the legendary race. According to the marathon's Web site, 22,452 runners made it across the finish line on Monday. (EXPRESS)

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Citigroup Posts A \$4.4B Profit

New York

Citigroup Inc. provided more evidence Monday that America's big banks may have turned a corner. The bank reported a surprise first-quarter profit as trading revenue offset losses from failed loans.

Citigroup said it earned \$4.4 billion after payment of preferred dividends, compared with a loss of \$696 million a year earlier. That was the bank's biggest quarterly profit since the second quarter of 2007.

Citigroup, one of the hardest-hit banks during the credit crisis and recession, said losses from bad loans fell for the third consecutive quarter. (AP)

Hearsay

"I'm getting a lot of advice in that direction. ... I'm certainly listening to it."



— CHARLIE CRIST, FLORIDA'S REPUBLICAN GOVERNOR, RESPONDING TO TALK HE WILL RUN FOR THE U.S. SENATE AS AN INDEPENDENT.

Obama to Sell Bank Bill in N.Y.C.

President is looking to drum up support for new regulations

Washington

President Obama plans to press his case for legislation to overhaul financial regulations in a speech this week in Manhattan.

Obama will talk about "what is at stake if we do not move forward with changing the rules of the road," White House press secretary Robert Gibbs said in announcing the event. The president will "call for swift Senate action."

The remarks on April 22 at Cooper Union will come as the Senate is scheduled to take up a measure that would set up a mechanism for unwinding systemically important financial firms when they fail, create a consumer protection bureau at the Federal Reserve and bolster oversight of hedge funds and the \$605 trillion over-the-counter derivatives market.

Obama and the Democrats in Congress are confronting unified GOP opposition to the bank bill



President Obama is calling on the Senate to pass new bank regulations this week.

and need to peel off at least one of the 41 Republicans in the Senate to pass the legislation.

The debate on it is heating up against the backdrop of a civil suit filed by the Securities and Exchange Commission that targeted Goldman Sachs Group, alleging the bank created and sold collateralized debt obligations linked to subprime mortgages without dis-

closing that the hedge fund Paulson & Co. helped pick the underlying securities and bet against their success.

The administration ultimately expects to get "a strong, bipartisan vote" in favor of the overhaul and is continuing to lobby Republican lawmakers for support, Gibbs said.

Treasury Secretary Timothy

Meanwhile ...



Sen. Christopher Dodd, the chairman of the Senate Banking Committee, said Monday that the govern-

ment's fraud lawsuit against Goldman Sachs should dissuade Republicans from attempting to block financial regulations pending before the Senate. The Connecticut Democrat said Monday that his legislation would provide more transparency to the type of mortgage-backed instrument that Goldman assembled and that cost investors \$1 billion. (AP)

Geithner is talking with key Republicans, including Sen. Susan Collins, R-Maine, to get their backing for legislation that is being taken up by the Senate this week. The administration won't weaken the bill to get Republican support, Gibbs said.

"We're not watering down financial reform on behalf of big banks," he said. "We're just not going to do that." ROGER RUNNINGEN (BLOOMBERG)



PUBLIC OPINION

Most Americans still oppose legalizing marijuana, but larger majorities believe pot has medical benefits and the government should allow its use for that purpose, according to an Associated Press-CNBC poll. In the poll, only 33 percent said they favor legalization, while 55 percent said they oppose it. People under 30 were the only age group favoring legalization, and opposition increased with age, topping out at 73 percent of those 65 and older. (AP)

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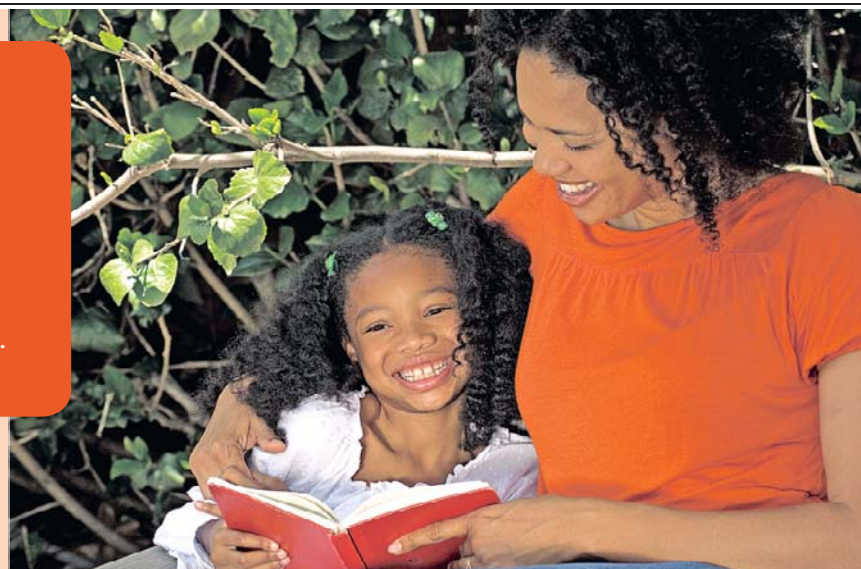
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Nation

Okla. City Looks Back at Bombing

Ceremony marks 15th anniversary of attack that killed 168

Oklahoma City

U.S. Homeland Security Secretary Janet Napolitano told survivors and victims' relatives gathered Monday for a somber ceremony to mark the 15th anniversary of the Oklahoma City bombing that the city's spirit in the wake of the tragedy served as an example to the nation.

Napolitano also warned of the need for continued vigilance against terrorists when she spoke during the memorial to the 168 lives lost in the destruction of the Alfred P. Murrah Federal Building on April 19, 1995. More than 600 others were injured in the blast, which at the time was the deadliest terrorist attack on U.S. soil.

Across Oklahoma City, people observed 168 seconds of silence to honor the dead.

Some dabbed away tears as the ceremony closed with family members reading a roll call of those who died.

"What defines us as a nation, as a people and as communities is



Ila Clark and Dale Clark listen as the names of the bombing victims are read.

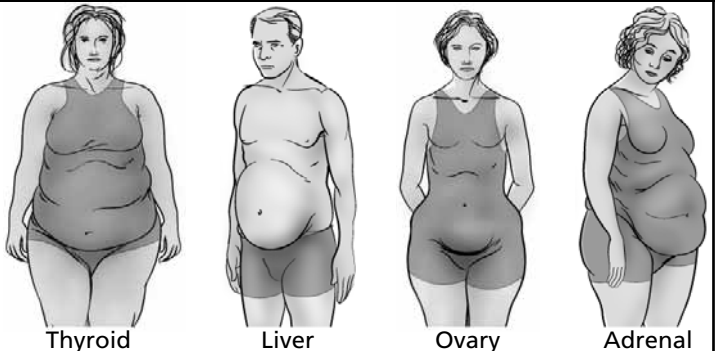
not what we have suffered, but how we have risen above it, how we've overcome," Napolitano said.

Napolitano said the bombing anniversary was a reminder of "the continued need for vigilance against the violent ideologies that led to this attack."

"We cannot put a glass dome over our country. We cannot guarantee there will not be another attack. No one can," Napolitano said. "But we are a strong and resilient country. And we can resolve that even a successful attack will not defeat our way of life."

TIM TALLEY (AP)

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Toyota Recalls SUVs, Agrees to Pay U.S. Fine

Consumer Reports warned that vehicles pose a rollover risk

Washington

Toyota hurriedly ordered recalls of nearly 10,000 Lexus SUVs for possible rollover dangers Monday and agreed to a record \$16.4 million fine for a slow response in its broader earlier recall, scrambling to fix safety worries that threaten the Japanese auto giant's reputation as a manufacturer of safe, reliable vehicles.

The fine, the maximum under law, could hurt Toyota Motor Corp.'s



Toyota recalled thousands of Lexus SUVs Monday due to a reported rollover danger.

image more than its financial bottom line: The penalty is the equivalent of a little more than \$2 for

every vehicle the company sold around the globe in 2009. And analysts said it would have little

impact on dozens of private lawsuits, which have been combined before a federal judge in Santa Ana, Calif.

Addressing new safety concerns, Toyota said it would recall all 9,400 of the 2010 Lexus GX 460s that went on sale in late December — 5,600 that have been sold and 3,800 still at dealers or elsewhere in the distribution pipeline.

The announcement came less than a week after Consumer Reports issued a warning about the SUVs, a sharp contrast to the government's contention that Toyota took four months to order its huge recall of other models over sticking gas pedals. **KEN THOMAS (AP)**

Hearsay



“She might have three husbands after me. You know, she’s going to live forever.”

— **EX-PRESIDENT BILL CLINTON**, SPECULATING ABOUT SECRETARY OF STATE HILLARY RODHAM CLINTON'S LIFE SPAN IN AN INTERVIEW WITH NBC.

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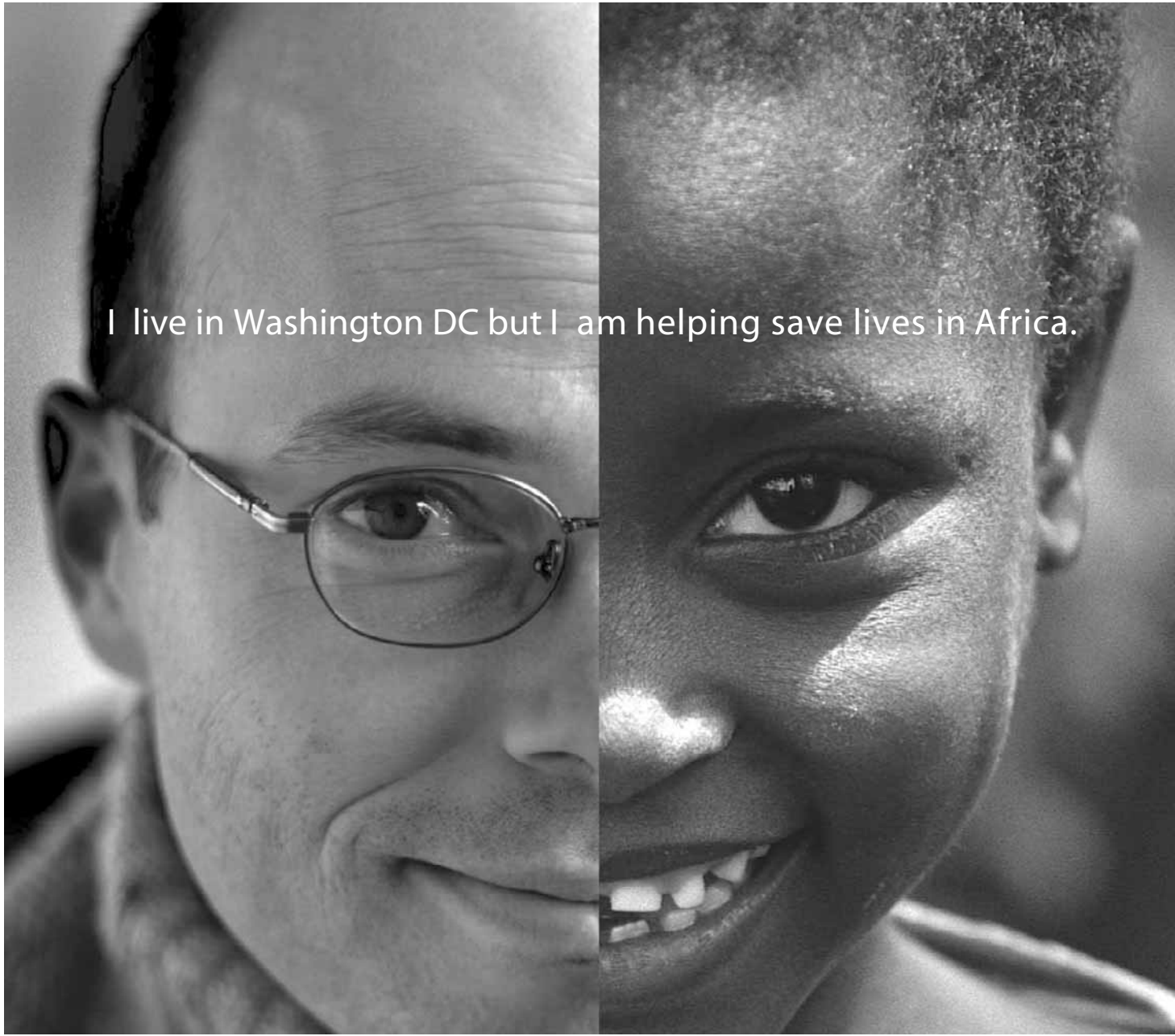
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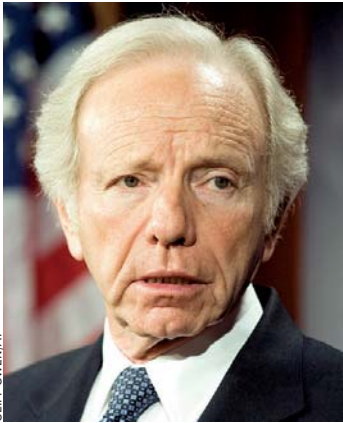


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Nation



Sen. Joseph Lieberman wants to see files related to the Fort Hood attack.

Subpoenas Issued for Fort Hood Documents

Washington

Sens. Joseph I. Lieberman, I-Conn., and Susan Collins, R-Maine, issued the first congressional subpoenas of the Obama administration Monday for witnesses and documents about the Fort Hood shootings.

The senators have accused the White House of stonewalling their demand for five months. The Nov. 5 shootings at the largest Army base in the United States left 13 dead.

The senators want documents including the personnel file of the alleged shooter, Army psychiatrist Maj. Nidal M. Hasan, and his communications with Yemeni cleric Anwar al-Aulaqi.

In a letter accompanying the subpoena letter, the senators gave the Justice and Defense departments one week to respond, or face a committee vote to take the administration to court, sources said.

“Given the warning signs of Major Nidal Malik Hasan’s extremist radicalization ... why was he not stopped before he took thirteen American lives, and how can we prevent such a tragedy from happening again?” Lieberman and Collins wrote in the letter.

SPENCER S. HSU (THE WASHINGTON POST)

Raid Kills Iraqi al-Qaeda Leaders

Deaths of two figures may be 'devastating blow' to insurgents

Baghdad

U.S. and Iraqi forces killed the two top al-Qaeda figures in Iraq in a nighttime rocket attack on a safe house near Saddam Hussein's hometown of Tikrit, both countries said Monday, hailing the attack as a significant blow to the insurgency.

Al-Qaeda in Iraq has remained a potent force, seeking recently to sow chaos after the March 7 elections and ahead of a planned U.S. troop withdrawal. The terror group has shown a remarkable ability to change tactics and adapt despite repeated blows to its leadership.

Iraqi Prime Minister Nouri al-Maliki announced the killings of Abu Omar al-Baghdadi and Abu Ayyub al-Masri at a news conference in Baghdad and showed reporters photographs of their bloody corpses. The deaths were later confirmed by U.S. military officials.



Iraqi Prime Minister Nouri al-Maliki discusses the deaths of two key al-Qaeda leaders.

The Iraqi leader said ground forces surrounded a house and used rockets to kill the two, who were hiding inside. The U.S. military said an American helicopter crashed during Saturday's assault, killing one U.S. soldier.

In Washington, Vice President Joe Biden called the killing of the two a "potentially devastating blow" to al-Qaeda in Iraq.

U.S. forces commander Gen. Raymond Odierno praised the oper-

ation. "The death of these terrorists is potentially the most significant blow to al-Qaeda in Iraq since the beginning of the insurgency," he said. "There is still work to do, but this is a significant step forward in ridding Iraq of terrorists."

In Washington, Pentagon spokesman Bryan Whitman said the operation targeting the two leaders showed the growing capability of Iraqi security forces.

U.S. military officials have been



Critical Figures

The two men killed Saturday were seen as key al-Qaeda operatives. Abu Ayyub al-Masri, above left, was the shadowy national leader of al-Qaeda in Iraq, which he took over after its Jordanian-born founder, Abu Musab al-Zarqawi, was killed in a June 2006 U.S. airstrike. Less was known about Abu Omar al-Baghdadi, above right. Allegedly born in Iraq, he was seen by some U.S. intelligence officials as a fictionalized character, invented to bolster the standing among Iraqis of the umbrella group, the Islamic State of Iraq. (AP/THE WASHINGTON POST)

highlighting the role of Iraqi security forces as a way to demonstrate their ability to take over security as American forces draw down. LARA JAKES AND QASSIM ABDUL-ZAHRA (AP)

Iraqi Recount Could Stoke Tensions After Contentious Election

Baghdad

An Iraqi court on Monday ordered a recount of more than 2.5 million votes cast in Baghdad during the March 7 parliamentary election, a decision that could tilt the results in favor of Prime Minister Nouri al-Maliki and inflame sectarian ten-

sions after what has already been a contentious election.

Al-Maliki's bloc won 89 of parliament's 325 seats, putting him just two seats behind former Prime Minister Ayad Allawi. Neither has been able to cobble together a majority coalition with the support of other parties yet. In the

meantime, al-Maliki has been trying to alter the outcome through court appeals and other challenges, and by trying to woo support away from Allawi.

Al-Maliki's State of Law bloc has claimed election fraud and demanded a recount in five provinces, including Baghdad, which

accounts for almost a fifth of parliamentary seats.

The recount was ordered by a three-member court that investigates election-related complaints and will be carried out by Iraq's Independent High Electoral Commission, said commission official Hamdia al-Hussaini. REBECCA SANTANA (AP)

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Venezuelan boxer Edwin Valero, shown in 2007, was found dead on Monday.

Venezuelan Boxing Champ Kills Self in Jail

Caracas, Venezuela


Former boxing champion Edwin Valero, who gained fame for knocking out all his 27 opponents and having a tattoo of Hugo Chavez on his chest, was found dead in his jail cell Monday, and police said he hanged himself after being arrested in his wife's death.

The former lightweight champion used his own clothes to hang himself from a bar in his cell early Monday, said Venezuelan Federal Police Chief Wilmer Flores.

Flores said Valero was found by another inmate, who alerted authorities in the police lockup in north-central Carabobo state. Valero still showed signs of life when they took him down, but they were unable to save him, and he died about 1:30 a.m., Flores said.

The 28-year-old was detained Sunday on suspicion of stabbing his wife to death. Prosecutors said Sunday night that they had planned to charge Valero in the killing. (AP)





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World

In Brief

MOSCOW
Talks on New Adoptions To U.S. Are Postponed
All Russian adoptions to the United States will remain suspended until a new agreement is negotiated, which could take up to two months, the Kremlin's children's rights ombudsman said Monday. Russia froze U.S. adoptions last week after a boy was put on a plane back to Russia by his adoptive American mother. Talks about a new adoption deal were supposed to have begun Monday but were postponed until next week after volcanic ash prevented the U.S. delegation from flying to Moscow. (AP)

BEIRUT
Iranian Cleric: Immodest Women Cause Quakes
A senior Iranian cleric said women who wear immodest clothing and behave promiscuously are to blame for earthquakes. Iran is one of the world's most quake-prone countries. "Many women who do not dress modestly ... lead young men astray, corrupt their chastity and spread adultery in society, which [consequently] increases earthquakes," Hojatolislam Kazem Sedighi was quoted as saying by Iranian media. (AP)

BANGKOK
Soldiers Patrol Business District Amid Protest
Soldiers in full combat gear garrisoned the Thai capital's central business dis-



A Thai soldier guards a store in Bangkok's business district on Monday.

trict Monday, laying razor wire across sidewalks in front of astonished tourists as they faced off with defiant demonstrators demanding a change of government. "Red Shirt" protesters accused the military of preparing "a killing field" — the latest confrontation in Thailand's long-running political crisis. (AP)

BISHKEK, KYRGYZSTAN
Deposed Kyrgyz Leader Leaves Kazakhstan Refuge
The deposed president of Kyrgyzstan left Kazakhstan on Monday, ending four days of refuge in the country after he was driven from power in a violent uprising, a Kazakh official said. Kazakh Foreign Ministry spokesman Ilyas Omarov told The Associated Press he didn't know where Kurmanbek Bakiyev was headed. (AP)



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Europe's Air Travel Crisis Eases

Some flights resume as aviation industry criticizes EU reaction

London

After five days in which nature brought the jet age to a halt, European officials agreed Monday to let air traffic resume on a limited basis, giving hope to millions of travelers around the world stranded by ash from a volcano in Iceland.

Even then, however, the eruption from the Icelandic volcano that caused the five days of aviation chaos was said to be strengthening and sending more ash toward Brit-

ain, which could make it unlikely that London airports would reopen Tuesday.

Three KLM passenger planes left Schiphol airport in Amsterdam on Monday evening during daylight under visual flight rules bound for New York, Dubai and Shanghai.

European Union transport ministers reached a deal during a crisis videoconference to divide northern European skies into three areas: a "no-fly" zone immediately over the ash cloud; a caution zone "with some contamination" where planes can fly subject to engine checks for damage; and an open-skies zone.



PETER DE JONG/AP

A KLM plane headed to New York takes off from Amsterdam on Monday night.

Ripple Effect

The ash cloud has had dramatic global economic consequences.

- Kenya's economy has lost about \$3.8 billion per day as the country has been unable to export millions of flowers and tons of produce to Europe, the BBC reported.
- Grounded flights delayed bailout talks regarding Greece's economy, leaving Greece to watch its borrowing costs hit another record high.
- About \$500 million in lost freight revenue was predicted; commercial airlines carry goods such as luxury clothing, cell phones, medical supplies and auto parts. (EXPRESS/AP)

The easing of the crisis came as the aviation industry — facing losses of more than \$1 billion — criticized official handling of the disruption, saying the coordinated reaction came too late.

Visual flight rules allow a pilot to fly without reference to instruments, if weather conditions are good enough so the pilot can see landmarks and avoid other aircraft.

The airlines said test flights in recent days by airlines including KLM, Lufthansa and British Airways suggested planes can fly safely despite the ash.

Scientists and pilots urged caution. "Mixing commercial and safety decisions risks lives," said Philip von Schoppenthau, secretary-general of the European Cockpit Association. JILL LAWLESS AND SLOBODAN LEKIC (AP)

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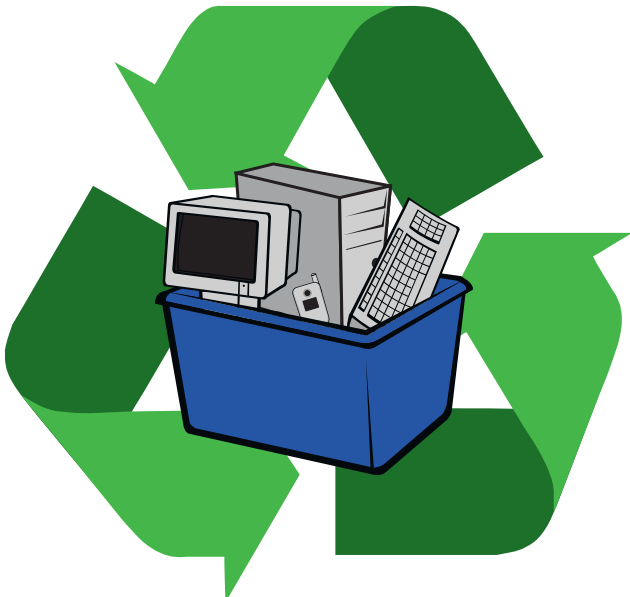
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RAGNAR AXELSSON/AFP/GETTY IMAGES



Lava spews out of a mountain in the region of the Eyjafjallajökull glacier in Iceland. Scientists are keeping a close eye on Eyjafjallajökull's sister volcano, Katla, for fears it could erupt sometime in the coming days.

Second Time's the Harm

Scientists fear an even bigger volcanic eruption could be on the way in Iceland

Geography

This history of Iceland will not make for comforting reading for thousands of would-be air travelers who have been stranded around the world by a cloud of ash.

The last time the Eyjafjallajökull volcano erupted — in December 1821 — it continued to spew ash for 14 consecutive months.

Luckily, scientists do not expect Eyjafjallajökull to repeat that momentous eruption. Nonetheless, they fear the volcano's impact on world travel might not end when the seismic activity dies down.

Scientists are keeping a close eye on Iceland's so-called "Angry Sister" volcano, Katla, which has yet to show signs of life. The three times in recorded history when Eyjafjallajökull has erupted, the much larger Katla has followed suit.

Data do not yet suggest that a Katla eruption is imminent. Yet, in some respects, it is the far greater concern, both in Iceland and beyond.

Katla has erupted 16 times since the year 930, in 1755 exploding so violently that its ash settled on parts of Scotland. In 1918, Katla tore chunks of ice the size of houses from the Myrdalsjökull glacier atop it, sending them careening down its slopes and into the Atlantic Ocean on floods of melted glacier water.

The 1918 eruption was the last major eruption of Katla — a volcano that has erupted twice a century, on average — which is why scientists have paid particularly close attention to it in recent days.

"The activity of one volcano sometimes triggers the next one, and Katla has been active together with Eyjafjallajökull in the past," said Pall Einarsson, professor of geophysics at the Institute of Earth Sciences at the University of Iceland.

The glacier over Katla is more than twice the thickness of Eyjafjallajökull's, so its eruption would produce a vastly larger plume of ash and possibly ground flights for a much longer period of time.

Though the activity at Eyjafjallajökull may be stabilizing, geolo-

gists warn that any further eruptions on Iceland could again bring European aviation to a standstill. Even a volcano that is not covered by a glacier can shoot the same abrasive ash to altitudes used by commercial airliners.

That happened in 2000 at Mount Hekla and in 2004 in Grimsvotn, both located north of the current eruption. The difference then was that the wind carried the ash to unpopulated polar regions northeast of Iceland, rather than to Europe's main air travel hubs. (CHRISTIAN SCIENCE MONITOR/AP)



Geography Lesson

Much like land atop the Pacific Ocean's Ring of Fire, Iceland sits atop a seam in Earth's crust, straddling two of the planet's tectonic puzzle pieces. Along the tectonic border marked by Iceland's volcanoes, the world is spreading, gradually pushing Iceland's halves — and the plates they sit on — farther apart. The volcanoes are making new crust, their liquid rock cooling into new landscapes, eruption by eruption, foot by foot. In this way, Eyjafjallajökull is merely part of the ancient tectonic dance of the continents. (CHRISTIAN SCIENCE MONITOR)

A Shaky History

Even as some scientists suggest that the current Eyjafjallajökull eruption is abating, the past few days have been only a taste of what Icelanders have known for generations: Their island is one of the most restless places on the planet.

1973 An eruption near the nation's primary fishing port split the island of Heimaey in two and required its entire population to be evacuated to the Icelandic mainland by fishing boat.

1783 One-quarter of Iceland's population was killed when Laki erupted — an eruption so massive that it changed global weather patterns, bringing record snow to New Jersey and drought to Egypt.

1755 In the 1755 Katla eruption, the volume of floodwaters from the Myrdalsjökull glacier were estimated to be equal to or greater than the discharge of water from the Amazon, Nile, and Mississippi Rivers combined. (CHRISTIAN SCIENCE MONITOR)

Rough Return to Class in Shaw

Students, teachers in D.C. try to move on after principal's death

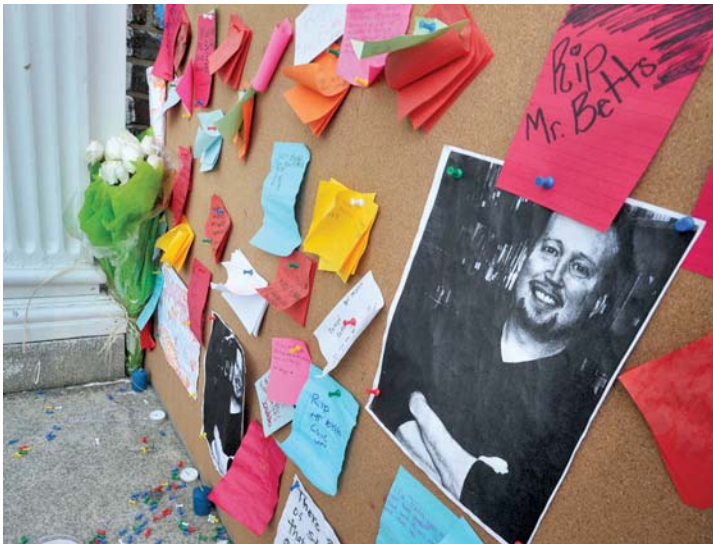
Washington

Until last week, Shaw Middle School students were greeted every morning by their principal, Brian Betts, who would stand at the corner of 10th and V streets NW, his school at his back, hugging students as they arrived for class and catching up with their parents.

Monday was the first day back in class since Betts was discovered fatally shot in his Silver Spring home Thursday night. Hugs were still exchanged at the corner, but this time it was between crying teachers and students.

Now the school must figure out how to carry on.

The school planned to have a



Memorials to Principal Brian Betts were created at Shaw Middle School on Monday.

45-minute staff and student meeting Monday morning where grief counselors would be available and everyone would talk about the tragedy. The front of the school has

become a makeshift memorial, with roses, notes and candles on the stairs up to the main entrance, and chalk inscriptions covering the sidewalks and doors.

"We Love You Mr. Betts It's Not the Same With Out You," was written on the door in pink.

On the sidewalk on the way from the U St. Metro station was written, "Shaw Students: Keep Ya Heads Up."

Students and staff embraced on their way in; several staff members appeared to have been crying as they made their way past the large group of TV vans and cameras assembled in front of the school.

"He was something like a father to me," said Daamontae Brown, one of about 100 ninth-graders who liked their school so much that they petitioned Betts and Rhee to allow them to spend their first year of high school there. "He helped me when I needed help," Brown said, but the school will "keep moving forward."

MICHAEL BIRNBAUM (THE WASHINGTON POST)

Gray Says D.C. Voting Rights Bill Is Flawed

Washington

D.C. Council member Vincent C. Gray, a Democratic candidate for mayor, said Monday that he will not support the D.C. voting rights bill pending before Congress unless substantive changes are made to the provision that restricts the city's ability to set its own gun-control laws.

Gray, whose position puts him at odds with Mayor Adrian M. Fenty, called the gun amendment "too high a price to pay" for securing a vote in Congress. "I do not support a bill that would have us give up our right to legislate and have us give up our gun-control laws," Gray said.

He said he could change his position once final language on the gun amendment is drafted.

(THE WASHINGTON POST)

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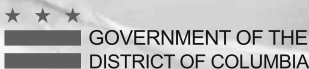
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SEIU Endorses D.C. Incumbents

Washington

The Service Employees International Union, which says it represents 40,000 workers in the Washington region, announced Monday that it is endorsing four of the five D.C. council members up for reelection this year.

They did not endorse anyone in Ward 3. Mary M Cheh, D-Ward 3, is running unopposed in the Democratic primary.

The SEIU's decision to endorse the incumbents in contested races highlights the current council's close working relationship with organized labor.

TIM CRAIG (THE WASHINGTON POST)

Vigil Organized For Slain Player

Frostburg, Md.

Frostburg State University students will gather for a candlelight vigil in memory of a classmate shot in what police say was a confrontation with a fellow student.

Twenty-year-old Brandon Carroll of Waldorf was killed Sunday and another student was wounded. Tyrone Hall of Glen Burnie is charged with firing a shotgun at them at his off-campus home.

Carroll was a member of the school's basketball team.

The Student Government Association is organizing the vigil for 8:30 p.m. Tuesday, with a march starting at the Upper Quad. (AP)

Gun Rights Activists Rally at National Park



WIN MCNAMEE/GETTY IMAGES

A MAN TAKES A PICTURE of a demonstrator at Fort Hunt Park during an open-carry rally Monday in Alexandria. Dozens of Second Amendment rights activists holstered their handguns and carried rifles that weren't loaded, intending to make history as the first people to rally with firearms in a national park.

The Lotteries

Monday, April 19

District

Mid-day Lucky Numbers	1-0-4
Evening Lucky Numbers (Sun.)	2-3-9
Mid-day DC 4	6-8-4-0
Evening DC 4 (Sun.)	0-3-8-9
Mid-day D.C. Five	5-0-7-9-1
Evening D.C. Five (Sun.)	2-4-4-0-3
Daily 6 (Sun.)	1-3-19-34-35-37 (7)

Maryland

Mid-day Pick 3	6-0-9
Evening Pick 3 (Sun.)	0-6-1
Mid-day Pick 4	3-1-2-4
Evening Pick 4 (Sun.)	1-1-1-6
Match 5 (Sun.)	5-11-25-27-37 (19)

Virginia

Mid-day Pick 3	2-6-6
Evening Pick 3 (Sun.)	1-4-1
Mid-day Pick 4	1-5-9-2
Evening Pick 4 (Sun.)	4-8-7-9
Mid-day Cash 5 (Sun.)	6-10-24-25-30
Evening Cash 5 (Sun.)	5-13-19-23-28

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In Brief



Red Sox 3B Kevin Youkilis throws his bat after striking out in the first inning.

BASEBALL
Rays Complete Red Sox Sweep on Patriots Day

B.J. Upton capped a five-run third inning with a three-run homer, and the Tampa Bay Rays completed a four-game sweep of the bumbling Boston Red Sox with an 8-2 victory Monday in the annual Patriots Day game. The Red Sox (4-9) are off to their worst start since opening 1996 at 2-11. Jeff Niemann (1-0) pitched seven sharp innings to help Tampa Bay win its seventh-straight game. (AP)

NASCAR
Hamlin Wins at Texas Motor Speedway

Denny Hamlin went ahead in the closing 12-lap shootout for a victory at Texas Motor Speedway on Monday, holding off Jimmie Johnson at the end to win another rain-delayed race. Hamlin won for the second time in three races, both victories coming in races that were postponed by rain before being run on the first day of the week. (AP)

SOCCER
Liverpool Blanks West Ham 3-0 at Anfield

Liverpool beat visiting West Ham 3-0 in Monday's only Premier League match to stay in contention for European qualification. Goals from Yossi Benayoun and David N'Gog plus an own-goal from West Ham goalkeeper Robert Green at Anfield lifted Liverpool into sixth place over Aston Villa. (AP)

Allen Won't Show Hand on Draft

Redskins GM doesn't rule out any options for No. 4 overall pick

The Redskins

Bruce Allen may have set an all-time standard for candor at a pre-draft news conference Monday, opening with the words: "I'm going to attempt not to lie to you all."

Knowing full well that he wasn't going to spill the beans about his intentions with the No. 4 overall pick — and that the entire build-up to the draft is mostly smoke and mirrors — Allen used humor to be cagey about his first college player selections as general manager of the Washington Redskins.

"Understand that I'm not going to get too specific," Allen said. "Don't get upset. I'm going to attempt not to lie to you all. Key word: 'attempt.' But let's bring it on."

So, naturally, Allen did not rule out moving down in Thursday's



GM Bruce Allen, left, said owner Dan Snyder will have a minor role in this year's draft.

first round to acquire more picks, although he added it's become tougher in recent years to trade such a high selection and get a good return.

For that matter, he didn't rule out anything.

"We are listening. Our phones will be open," Allen said. "We have

a listed phone number if someone wants to make a trade."

Still on the trading block is quarterback Jason Campbell, who has stayed away from offseason workouts since the acquisition of McNabb. The Redskins currently have only four picks — in the first, fourth, fifth and seventh rounds —

and dealing Campbell is a way to pick up more.

"There's been some conversations with people who are interested," Allen said. "Jason's a known commodity, a proven player in this league. But nothing is imminent."

Notably missing from the stage was Dan Snyder, who has been a mainstay at pre-draft news conferences for most of his tenure as Redskins owner.

Snyder's absence is further evidence that he really has turned over control of the football side of the operations to Allen and Shanahan.

When asked whether Snyder has a role in this year's draft, Allen said the owner likely has an interest in learning about some of the intangibles of the players the team might select.

"Once we get our board finally stacked either Wednesday night and Thursday, I'm sure he's going to have some questions about the character of some of the players," Allen said. JOSEPH WHITE (AP)

Shanahan's Discipline a Far Cry From Zorn's

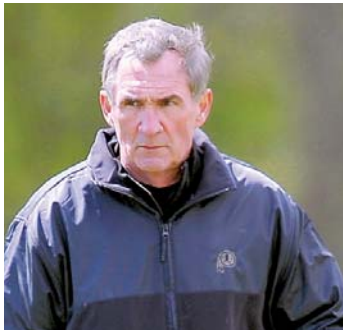
New coach prefers rules, accountability to relaxed style of old

The Redskins

When Jim Zorn wanted to increase discipline last summer, he got together with the Redskins' equipment manager and created a standard list of approved colors and styles for practice apparel. Then he personally modeled some of the approved looks, from sweatpants to cut-off sweats to revealing Chris Cooley-style briefs.

Mike Shanahan is also big on discipline, but his team addresses on the subject tend not to end with him revealing his naked thighs. In a meeting this offseason, he told players some of what he expected of them. On Sunday, when his team was out on the field for a final time, he reviewed the rules — "reemphasized some of the finer points," one player joked — and let the Redskins know how they'd done.

"Apparently, if you don't [follow the rules] ... you'll catch yourself running after practice," Will Robinson recalled. "He just wants you to be accountable and do it right



Mike Shanahan's rules include quirky ones, like penalties for double-parking.

the first time."

So, what are these rules? Some are basic: Run on and off the

field. Run to and from the huddle. Run five yards past the ball during drills.

Some are a bit less typical: Shanahan apparently dinged guys for double-parking at Redskins Park and for parking in handicapped spots.

"I started thinking to myself, like, 'Did I double-park today?'" Mike Williams said.

"I'm dead serious. He's just setting a standard and saying, 'Hey, guys, this is what I'm talking about, and so this is what we've got to clean up as a team.'" DAN STEINBERG (THE WASHINGTON POST)



QUESTIONS

Tim Tebow's marketing power has led to a strange pre-draft experience for the Heisman Trophy winner from Florida. Tebow, considered a bit of a risk in Thursday's NFL draft due to his awkward throwing motion, said that one NFL team, expressing concern about his pro potential, even asked him, "Would I rather be the quarterback of their organization or the governor of the state of Florida?" Tebow said. He just laughed. (EXPRESS/AP)

Hawks Keep It Light, Yet Focused on Bucks

NBA Playoffs

The Atlanta Hawks are keeping things nice and loose, and rookie Jeff Teague is a convenient target for their antics.

After Teague put up career highs in points and assists in a meaningless game against Cleveland to close the regular season, the veterans decided to remind the guy everyone calls “Rook” of the locker room pecking order. Someone — Teague is sure Josh Smith was the culprit — filled the youngster’s luxury car with popcorn all the way up to the dashboard.

The Hawks were sure feeling good about themselves after a dominating first half carried them to a



The Atlanta Hawks' Mike Bibby greets fans as he leaves the court after a Game 1 win.

102-92 win over Milwaukee in Game 1 of their Eastern Conference series. Game 2 is Tuesday in Atlanta.

But this team knows one game

does not make a series, even when the Hawks appear to have some major advantages in the matchups, thanks to a gruesome injury to

Bucks center Andrew Bogut.

A year ago, Atlanta began the playoffs with a 90-64 blowout of Dwyane Wade and the Miami Heat. The underdogs came back three days later for a stunning 15-point road win, and the series dragged on the full seven games before the Hawks finally put it away. Battered and beaten, Atlanta was a push-over in the second round, losing in four straight to the Cleveland Cavaliers.

“I’d like to think our team, being a year older, we know what’s at stake and, hopefully, we’ll rebound from what we did last year,” Atlanta coach Mike Woodson said. “It’s important that you handle your business at home.” (AP)

TV Lineup

NATIONALS (7 P.M., MASN) The Nationals’ homestand continues with a matchup versus the Colorado Rockies.

ORIOLES (10 P.M., MASN2) The Birds face the Mariners in the second game of a three-game series to end their West Coast swing.

NBA PLAYOFFS (8 P.M., 10:30 P.M., TNT) The Heat look to even the series on the road against the Celtics without the services of suspended Kevin Garnett, and the Lakers take on the Thunder in Game 2 of that series.

NHL PLAYOFFS (7:30 P.M., VERSUS) Sidney Crosby and the Penguins skate against the Senators in Game 3.

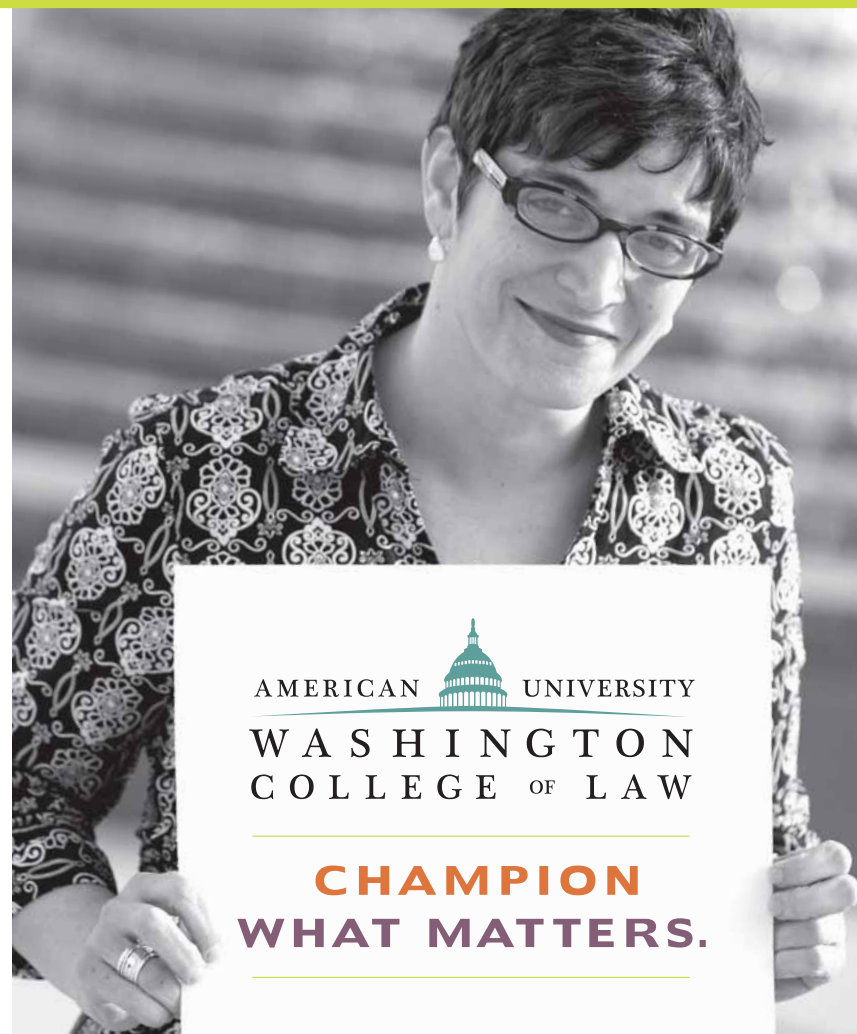
SOCCER (2:30 P.M., FSN) Barcelona travels to Inter Milan in the first leg of the UEFA Champions League semis.

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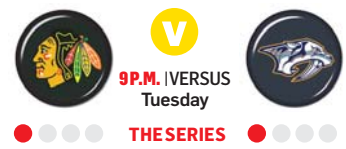
Sports

Predators: One Got Away

Nashville thinks it
should be up two
games over Chicago

NHL Playoffs

The Nashville Predators are back
home and more than a little upset
with themselves, having split the
first two games against Chicago — in their minds, they should
be up 2-0.



“We missed an opportunity ... to
potentially really get a stranglehold
on this series, and we let them off
the hook a little bit,” Nashville coach
Barry Trotz said Monday.

The Predators opened with a 4-1
win on Friday night only to see the
Blackhawks win 2-0 Sunday night,
handing Nashville only its fourth
shutout in the postseason and first
ever on the road. Game 3 is Tuesday
night, and the Predators still have
the chance to win their first play-
off series on their own ice if they
learned a very important lesson.

“You can’t turn it on and turn
it off,” Nashville defenseman Ryan
Suter said of the Predators’ inten-



The Predators' Francis Bouillon, middle, tussles with the Blackhawks' Dave Bolland.

sity and focus. “That was our mis-
take. We thought we could turn it
on and turn it off. It backfired on us.
Now we have to play desperate if we
stand to have a chance here.”

The Predators weren’t helped by
the absence of their top goal scor-
er either.

Patric Hornqvist, originally hurt
April 7 when hit by teammate Shea
Weber’s slap shot, played only 13
minutes in the first game in what
was called a malfunction with his
skate. But he was scratched before
the second game, and Nashville
couldn’t replace the Swede, who tied
for the team lead with 51 points by
camping in front of the crease and
drawing penalties.

Suter, who tied with a game-

high six shots Sunday night, said
they got traffic to the net.

“It might’ve been a second late
or maybe a second early. With him
being out, you have to find some-
one to step in and do that, and it’s
not something that can happen
overnight,” Suter said of Horn-
qvist. “Whoever does step in has
to be used to being in there.”

TERESA M. WALKER (AP)

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The Capitals-Canadiens Game 3
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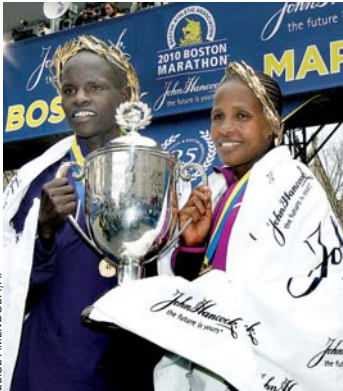
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Sports



Robert Cheruiyot and Teyba Erkesso won the men's and women's race titles.

**Cheruiyot
Runs to a
Record in
Boston Win**

Running

Let him be known from Hopkinton to the Back Bay as "Robert the Younger" — the second Kenyan named Robert K. Cheruiyot to win the Boston Marathon and the first person ever to run the legendary course in less than 2 hours, 6 minutes.

Robert Kiprono Cheruiyot won the 114th Boston race Monday, finishing in 2:05:52 to shatter by 82 seconds the course record set by four-time winner Robert Kipkoech Cheruiyot, who's not related to him. American Ryan Hall, who finished third last year, missed another spot on the podium by two seconds, but his time of 2:08:41 was the fastest ever for a U.S. runner in Boston.

Ethiopia's Teyba Erkesso took the women's title in 2:26:11, sprinting to the tape to win by three seconds in the third-closest women's finish in event history.

Cheruiyot, 21, surpassed the course record of 2:07:14 set in 2006 by his 31-year-old countryman. A farmer back home, he earned a bonus of \$25,000 on top of the \$150,000 that goes to the men's and women's champions. "I am going to buy some cows," Cheruiyot said. (AP)

nine simple numbers
you learned by age 3

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express
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fit



Guinea Pig | Egg in Your Face

Dieters rush to Subway at lunch, so now the chain is courting the calorie-conscious earlier in the day with its new breakfast menu. The signature items are four egg-white muffin melts (\$2 and up), each less than 180 calories and with less than 4.5 grams of fat, that you can top with the veggies and fixings in the sandwich bar (and you'll want to for flavor). Just don't opt for sub bread — which is 200 calories and up — instead of the muffin.

Body Talk



KEN HOWARD

Get a Leg Up

Maybe the cast of "Lord of the Dance" isn't actually royalty. But if you're in the audience of their performance at the Warner Theatre this Sunday, you'll leave without a doubt that their legs rule. "A few of us were voted best legs in high school," notes Maggie Revis, who's been Irish dancing since she was 4 (she's 28 now).



By Vicky Hallett

It's not that the rest of their bodies are lazy — to keep your upper body stiff and upright requires overall strength — but their lower bodies do the brunt of the work as they kick and stomp all over the stage. What's given them the power is years of repeating pliés (basically squats) and relevés (calf raises), says Jason Gorman. Their foot positions contribute to the toning, Revis explains. Crossed legs force the inner thighs to work, and turned-out feet require more calf action.

Making sure they earn those clogs, however, requires extra work. Gorman supplements with resistance band training: "I do a lot on all fours, pressing one heel to the ceiling." Revis and the other ladies like to keep up their gams by doing step classes together, and squeezing in sets of lunges during intermission (backstage, but feel free to copy them in the lobby).

All Omm in the Family

A new studio aims to grow with your kids so your clan can stretch out together

Yoga

All yogis drip on their mats. But the students in this class aren't sweating; they're drooling. That's because while the practice of yoga is thousands of years old, no one in this crew is more than 6 months.

Starting young is one of the principles behind Lil Omm Yoga (4830 V St. NW; 202-248-6304; Lilomm.com), which opened last month in the Palisades and aims to make yoga a family affair.

Founder Pleasance Lowen-gard Silicki conceived of the idea while pregnant with her daughter, Saylor, now 2. Her original vision was a space dedicated to prenatal yoga, but as Saylor grew, so did Silicki's inspiration. "Like all moms, I really wanted a way to integrate what we love — our children — with that work-life balance," Silicki says.

The result: classes that parents and kids can do together, whether the kids are in the womb or in high school. "As you are pregnant and your children grow, we have classes that grow with you," says Kristin Maresca, who co-directs the studio with Silicki.

For first-time mom Rhea Vafloor, that means taking Itsy Bitsy Yoga Babies to better bond and play with her 12-week-old daughter, Sloane. They'd taken yoga "together" before when Vafloor did prenatal classes with Silicki. "It just seemed like a natural continuation," Vafloor says. "Especially because I'm going back to work, I feel like it's time just for us."



SANDY KAVALLER

Omm family classes are for all ages, "from the womb to the wisdom years." Expect games, partner poses and storytelling.

"We don't believe in forcing kids to practice yoga. They just naturally want to do it."

The youngest yogis not in utero can start at 6 weeks old with Itsy Bitsy Yoga Babies. But instead of downward dog and crow, they work on poses like Padahasta, in which moms or dads grasp their babies' feet and push their knees to their tummies one at a time. This helps relax babies' lower bodies and relieve gas.

Older kids can take classes such as Omm Tweens or Omm Teens, in which the poses are more like those in traditional adult classes but the goal is confidence-building. "We focus on body aware-

Child's Play

Lil Omm isn't the only place for kids to meet mats. Here are some other studios for your wee ones.

► **Budding Yogis** (3838 Northampton St. NW; 202-686-1104; Buddingyogis.com) offers a range of creative classes, including "Movers & Twisters," which incorporates music and art.

► **YogaTales** (301-951-9642; Yogatales.com) is a mobile studio that brings its story-based classes to homes and schools.

ness and topics that are appropriate for changing bodies," Silicki says. "Since this can be a stressful and challenging time in life, we might do partner poses to help build community."

Not all Lil Omm classes are

child's play, though. Adults-only options abound, but even when the kids are out of sight, they're not out of mind. Instructors are trained in the needs of prenatal and postpartum women, and child care is available in a room that opens to the studio.

"We don't believe in forcing kids to practice yoga," Silicki says. "They just naturally want to do it when they hear about it and see their parents do it."

Besides yoga, Lil Omm aims to be a resource for families through extracurricular programs, such as a workshop May 12 on creating children's sleep routines.

And moms get extra love next month — take a free Blissful Mama Yoga class on Mother's Day from 6 to 7:30 p.m. and get 15 percent off class passes in May. Can you say, "Namaste"? **STEPHANIE KANOWITZ**

For people with Alzheimer's there's no time to lose.

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How to Get Help Stuck at Home

Q I've had chronic pain for a year. It's difficult to walk, so I can't do most of the things I used to do, and it's put stress on my relationships. I tried to contact the therapist I used to see, but I need to physically go into her office, which, unfortunately, isn't an option. I feel daunted by the task of finding another good fit with someone who's also accessible. **NO NAME**

I'm saddened to hear that there is a great-fit therapist who you can't see because of the very issue you're trying to get help with. Are you certain that phone sessions are out of the question? If that's a no-go, she should ideally be a resource for names of people who can accommodate you. After all, the best referral source is one who knows your needs and is familiar with other mental health practitioners. Be upfront about your limitations, and see what they might be able to offer you. Also check with your physician to see whether he/she is aware of any specific resources.

And don't discount chronic pain support services online. Though chat rooms and message boards can't take the place of person-to-person therapy, they can help you feel much less alone.

Is He Cheating at 'Golf'?

Q I'm growing suspicious of my husband's late hours and frequent golfing trips. I don't have any evidence that he's cheating, but I feel something's wrong. I have not snooped and don't intend to — but instead I want to confront him. What I want to know is, in situations where the wife confronts the husband and it turns out he's not cheating, is there irreversible damage? **NAUSEA**

I respect that you're not snooping, and I wholeheartedly agree with talking to him about this. But "confront" doesn't have to mean "accuse." His late hours and excessive time on the golf course alone are cause for a sit-down conversation, regardless of whether you think they stink of mixed-up priorities, a sporting obsession or a woman named Wanda.

Start open-ended with some-

thing like, "I feel like I don't see much of you right now, and I'm wondering if there's something behind it. It makes me feel uncomfortable and disconnected from you." Accusing him with no evidence — if he's not cheating — will make you the villain. But stating the case that you want to spend more time with your husband makes you deserve an explanation and a plan to move forward.



By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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Event Horizon Park It Here

Get dirty at Rock Creek Park (Nps.gov/rocr) this Thursday — Earth Day — with a series of eco-friendly events that'll get you outside and active. There's a litter cleanup at 9 a.m., a morning of equestrian events at the Horse Center, a trio of hikes (at 11 a.m., 2 p.m. and 4 p.m.) and more. For special happenings at other parks near and far, check out the site for National Park Week (Nps.gov/npweek), which ends this Sunday.



A slight vibration comes from the generators (those barrel-like things on the front wheels), but you don't notice it for long.

A Green Machine

Bikes that let riders generate power can make an indoor workout eco-friendly

Cardio

All group exercise instructors want to have a high-energy class. But usually they can't measure it in watts.

That changed Monday when Washington Sports Clubs' Columbia Heights location (3100 14th St. NW; 202-986-2281; Mysportsclubs.com) held its 6:30 a.m. spinning session. Just in time for Earth Day, the bikes have been retrofitted with Green Revolution (Egreenrevolution.com) technology so that riders generate power with every turn of the pedals. The harder the class works, the less energy the club needs.

"Keep the music pumping," jokingly commanded Karl Baumgart, national training director for Green Revolution, who taught the class and introduced riders to the new interface. Instead of turning the knob clockwise to up resistance, you adjust to your desired level —



The pads go up to level 20, but most students won't go above 16. It's hard.

from 0 to 20 — with a touch-pad screen that also shows how much energy you've sent to the grid. (There's a dimmer on there, too, so you can make sure your data stay private.)

No single cyclist generates that much power in 45 minutes, "but add in the next bike and the one next to that," Baumgart says. Once you have a room of bikes being used regularly, you can see real results — the company estimates an average class over a year would be able to light 72 homes for a month.

The club plans to get a scoreboard for the front of the spinning

studio soon so students can see the combined total.

But looking at just your personal output has an impact on your workout because you have "specificity." If you did 65 watts one class, you'll know you worked harder the next time if you managed to eke out 67. It also instantly shows you how much more energy you're creating at higher levels, so you have extra incentive to kick it up a notch.

Having access to that metric excites cycling regular Natasha Bonhomme, 26, who was one of the first to try the bikes. "It's nice that it's not calories or fat. But it's something you can use to gauge where you are," she says.

As for where this technology is, this is just the beginning, promises Baumgart. The company's first installation was a year ago. Now they're in 12 facilities across North America (including this one, which is the first in the D.C. area). The company also has ellipticals, treadmills and rowing machines in development. The vision: a gym that creates all its own energy.

More power to them. VICKY HALLETT (EXPRESS)

A Workout That's Really Off-the-Wall

Kinesis combines cable resistance and functional moves

Strength

Walls usually keep you inside. But the Kinesis Wall at the Health Club at the Fairmont (2401 M St. NW; 202-457-5070Healthclubfairmont.com) is meant to take you out — of your regular routine.

The hotel fitness center, which many folks don't know is available both to guests and monthly members, is trying to raise its profile by welcoming anyone to swing by for six-person classes on the unusual device. (Although everyone has to pay; it's \$25 for members and \$40 for non-members.)

"Most people think it's a pretty set of cables," says trainer Dana Gramling. But while the four-part system set along a wood panel is attractive, it's more than that. Each station has a different grip that you can yank in countless directions,



Dana Gramling teaches Tiffani St. Cloud, 32, how to do a set of lunge-punches.

and the open layout gives you the freedom to step, lean and rotate your body so the exercises can work every muscle.

Gramling likes to link moves that require balance and motor skills, so you're constantly changing direction and often tottering on one leg. A high number of reps keep your heart rate going, so it's a cardio killer, too.

"Unlike most other forms of exercise, this mimics how you move through the world with suppleness and strength," says member Sara Nerlove, 68, who vows to take the class regularly. It turns out it's not so bad to be up against the wall. V.H.

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Cooking by Color

Food Network star Ellie Krieger wants children to taste the rainbow (of veggies)

Eating

Ellie Krieger likes to joke that she's the only chef on the Food Network who actually measures out her olive oil. But that's probably why Krieger, the host of "Healthy Appetite," was the one testifying before Congress last week to highlight the issue of hunger in America and how it's linked to obesity.

"I bought an organic apple the other day and it was almost \$1. If I were really hungry, I might be buying that \$1 meal instead," says the registered dietician. Decisions like that, coupled with the scarcity of produce in urban areas, school cafeterias with woefully inadequate resources and a cultural shift toward eating out has created a problem that won't be easy to fix.

But Krieger thinks the solution has to start with children's views on food. That's why she was honored to be invited by first lady Michelle Obama to promote vegetables on the White House lawn last fall. Her gimmick: Set up the wholesome stuff by hue. "I got kids to try every color of the rainbow. I



COURTESY FOOD NETWORK

Ellie Krieger's easiest eat-better tip:
Use fresh herbs instead of loads of salt.

like making it about color instead of telling children to eat vegetables," Krieger says. And once kids start munching on fresh veggies, they're likely to want to keep it up. "Snow peas and snap peas are sleeper kid foods," she adds. "They're crunchy, and you can dip them."

For her 7-year-old daughter, Krieger knows a trip to the farmers market is a sure way to find a new favorite for dinner or lunch. (Check out Krieger's recipe for her

most-requested meal below.) "One day she wanted a stalk of brussels sprouts," Krieger says. "We walked home with it like she was at the head of a parade." That night the whole family fought over the last roasted morsel.

Growing food is even better than buying it, says Krieger, who

"I would be happy if everyone cooked with whole grains ... but if you cook at home at all, you're eating healthier."

boasts that Food Network has partnered with Share Our Strength to create Good Food gardens at schools across the country — including two in D.C.

No matter where your grub comes from, however, the real secret ingredient to healthier habits is a welcoming kitchen. "I have to say, I would be happy if everyone cooked with whole grains, and lots of fruits and vegetables," Krieger says. "But if you cook at home at all, you're eating healthier automatically."

Now if we could just figure out how to make that more affordable for everyone, she'd be really satisfied. VICKY HALLETT (EXPRESS)

Recipe File

'RAINBOWS AND BUTTERFLIES' PASTA SALAD

"This dish is the centerpiece of my daughter Bella's favorite lunch box meal. It gets its name from the red, orange, green and yellow vegetables it contains along with the butterfly-shaped pasta. Bella likes the challenge of getting every color onto each spoonful. Serve with a blueberry yogurt so you get the full color spectrum."

Ingredients

8 OZ. bow tie pasta, preferably whole grain; **3 TBSP** plus 1 tsp extra-virgin olive oil; **1 C** corn kernels, thawed if frozen; **1 C** shelled edamame, thawed if frozen; **1 MEDIUM** red pepper, diced;

2 MEDIUM carrots, shredded (about ½ C); **1/3 C (1 OZ.)** grated Parmesan cheese; ¼ TSP salt, plus more to taste

Makes Four Servings

Cook the pasta according to the di-

rections on the package. Drain, toss with 1 tsp of oil to prevent sticking and cool.

In a large bowl, toss together the cooled pasta, corn, edamame, red pepper and carrots. Drizzle with the remaining oil and toss to coat. Add the Parmesan cheese and salt, and toss to combine. Season with more salt to taste. COURTESY ELLIE KRIEGER



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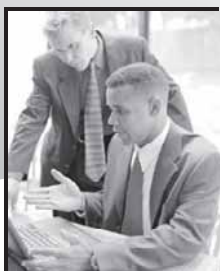
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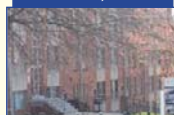
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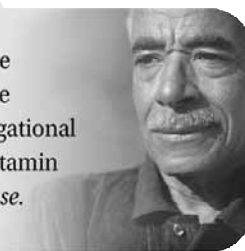
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Downsizing
Sharon Osbourne
plans to have her
implants removed **39**

Sound Bets



STONESTHROW

Reefer Gladness

The "420" meme for marijuana started with a group of California teenagers in 1971, and somehow news of their 4:20 p.m. after-school smoke-downs blossomed into a counter-cultural touchstone — and 4/20 a day when pro-ganga musicians release records.



By
Christopher
Porter

Cypress Hill's "Rise Up" is its first album in six years, and the hip-hop weedheads rap about grass on "Light It Up," "Pass the Dutch" and "K.U.S.H."

And prolific producer Madlib, above, explodes the myth of the lazy stoner with the fourth volume of his monthly "Medicine Show" series, this one a DJ mix of vintage reggae dubbed "420 Chalice All-Stars." The CD booklet even lists every medicinal Mary Jane dispensary in Madlib's home city of Los Angeles, bringing a political bent to the 4/20 celebration.

And cannabis is political, with elected officials debating whether to legalize it. But if Abraham Lincoln were alive today, he'd likely push through a pro-pot bill — and then put out a blues record on April 20. As Honest Abe wrote in a letter, "Two of my favorite things are sitting on my front porch smoking a pipe of sweet hemp, and playing my Hohner harmonica."

A Man and His Piano

Rufus Wainwright ditches his usual theatrics for a simple unplugged album

CD Review

Rufus Wainwright loves the grand gesture, the over-the-top idea.

In the 2000s, he released not one, but two albums of soaring, luxuriant pop-opera that make Il Divo look like philistines, and just a few years later, he re-created Judy Garland's famous 1973 Carnegie Hall performances right down to the stage banter.

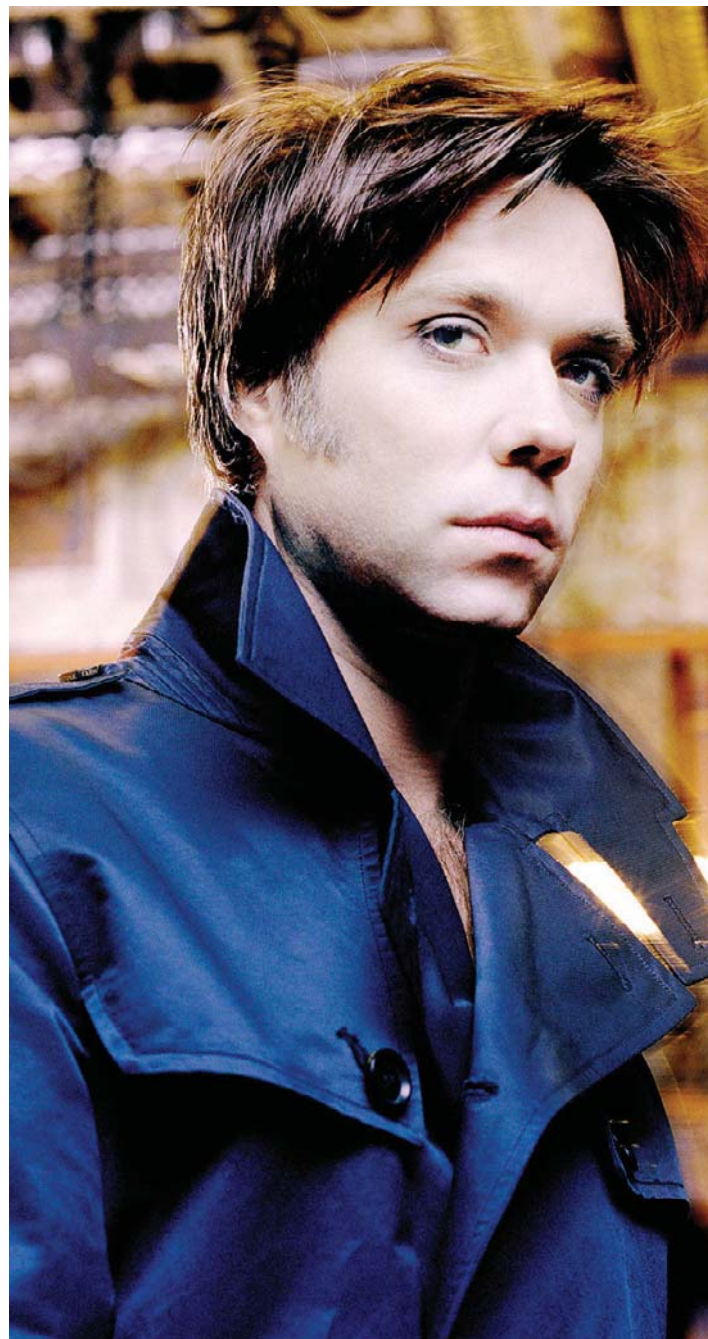


**All Days
Are Nights**
Rufus Wainwright

So, his sixth studio album, "All Days Are Nights: Songs for Lulu," initially sounds like a step back from that baroque showmanship. This is Wainwright unplugged: Eschewing the orchestral bombast and showtunes fervor of previous albums, he strips everything down to just his voice and piano.

The rolling arpeggios of "Who Are You New York?" set the stage, so to speak, as Wainwright follows an object of desire around the city. The "you" remains elusive, his desire unrequited, and the romantic austerity of the arrangement underscores his immense loneliness.

Especially after the let's-put-on-a-show extravaganza of his 2009 live album, "Milwaukee at Last!!!," "All Days Are Nights"



DOUGLAS GORDON

This time, Rufus Wainwright ditches the orchestral antics for a subtle, personal vibe.

Tribute

His Mother's Son

Another Wainwright project that stands in severe contrast to his unplugged album is the opera he released last year, "Prima Donna." Wainwright worked overtime to make sure his then-ailing mother, folk singer Kate McGarrigle, would see the final product. And McGarrigle's death in January reportedly influenced much of "All Days Are Night" and its somber tone. (EXPRESS)

sounds particularly Spartan and sad. He may have dialed back the music, but the emotions remain as large as ever.

This being Wainwright, however, "All Days Are Nights" can't simply be an informal document of the artist occupying the piano bench for a few numbers. His songwriting partner on three of these songs is none other than William Shakespeare, whose "Sonnet 43" gives the album half its title and provides lyrics for "When Most I Wink." The bard is a genius lyricist, certainly, but he didn't really write hooks; this trio of compositions sounds stilted and melodically aimless.

Strangely, even at just 12 tracks, the album seems indulgent and overlong, as though he hadn't stripped down his approach quite enough. Still, despite its flaws, it remains a heady, moody album that doesn't skimp on the artist himself.

STEPHEN M. DEUSNER

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now

expressnightout.com >>> Foul-mouthed and whip-smart, comedian Sarah Silverman discusses her book 'The Bedwetter' >>> The crate-digging freaks in Javelin go hi-fi with their funky debut on David Byrne's label >>> Our newsletter puts local events in your inbox; sign up: Expressnightout.com/newsletter

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com **lookout**

**top
stops**



1 Write Nights

The Rock Bottom Reminders is a group of writers (including Dave Barry, far right) who decided to become rock stars. They'll discuss their music at Harman Hall tonight and will give a brain-melting concert at the 9:30 Club tomorrow. **F.Z. Sidney Harman Hall, 610 F St. NW; Tue., 8 p.m., \$33; Rockbottomremainders.com. (Gallery Place); 9:30 Club, 815 V St. NW; Wed., 7 p.m., \$30; 202-265-0930, 930.com. (U St.-Cardozo)**

2 Everybody's Takin' the Chance

We'll admit it: We first came to love the Disco Biscuits for covering "Safety Dance." But soon we started to appreciate the jam band on its own merits — its music is eclectic and really fun to dance to. And, no, don't be worried: It's not actually disco music. Also, shut up: Everyone likes "Safety Dance." **F.Z. 9:30 Club, 815 V St. NW; 7 p.m., \$30; 202-265-0930, 930.com. (U St.-Cardozo)**

3 Shake Things Up

The D.C. Fringe Festival is like a huge joyous sneeze of weird experimentation that shakes up the District's theater scene, which is solid but often stodgy. Wattage is a series of three plays produced by the Fringe folks; it includes "Hoodoo," a world premiere piece of physical theater about mankind and emptiness. **F.Z. Fort Fringe Shop, 607 New York Ave. NW; through May 8, \$20; 866-811-4111. (Mount Vernon Square)**



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Urban Renewal

The much-maligned singer is an unlikely 'American Idol' star

Television

It was the kind of performance that's usually an "American Idol" contestant's last: During the first live show of the season, Tim Urban — a last-minute addition to the top 24 after another semi-finalist was disqualified — unleashed a horrific, warbling rendition of One Republic's "Apologize," made up mainly of notes he couldn't hit

"Miserable!" said the judges. "Awful!" said the blogs. He seemed to be such obvious cannon fodder that you could almost smell gunpowder wafting from his pores.

But a funny thing happened on the way to Urban's dismissal — he developed an audience.

expressnightout

Catch up on the "American Idol" season and read recaps of this week's shows at expressnightout.com/idol

It started slowly, buffeted by unpleasant allies such as VoteForTheWorst.com, a Web site that prompts its readers to support "Idol's" most undeserving competitors. But as the weeks passed, Urban survived, improved steadily (albeit slowly) and endured a series of shellackings from the judges — elements that, when combined, apparently made his case more compelling to "Idol" voters.

Then, he hit pay dirt: His take on Elvis Presley's "Can't Help Fall-



Despite poor early reviews, Tim Urban is still a contender on "American Idol."

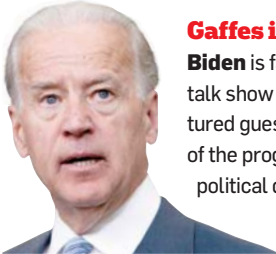
ing in Love" last week was actually good. Believe it or not.

His Zac Efron looks and megawatt smile — not to mention a little help from some torso-baring photos leaked on the Web that suggest his gym membership is very much active — surely helped Urban's case. But however he got here, it's hard to argue with his story: After spending months as a punching bag and weeks near the bottom of the viewer vote tally, Urban is one of just seven contenders left standing.

Or, to put it in judge Simon Cowell's words, "You have managed to go from zero to hero."

Could Tim Urban be the next American Idol? That still seems unlikely. But who knows? Maybe there's one more set of odds he's set to defy. **GREG BARBER (EXPRESS)**

TV Beat



Gaffes in Every Direction:

Vice President **Joe Biden** is facing the ladies of "The View" this week. The talk show announced Monday that Biden will be its featured guest on Thursday's show. Producers say it's part of the program's ongoing "Red, White and View" series of political discussions. They often get heated, even with the show's most conservative host, Elisabeth Hasselbeck, outnumbered. (AP)

TV tonight **lookout**

Best Bets

CBS
8:00



NCIS When the enlisted son of a retired colonel-turned-preacher is found dead, the team thinks he may be the victim of a hate crime. At home, Gibbs tries to get to the reason behind his father's recent change in behavior while the latter is visiting. Ralph Waite, left, guest-stars as Gibbs' dad.

ESPN
8:00

30 for 30 The new documentary "Silly Little Game" examines the history of fantasy sports from their little-known origins to a \$4 billion industry with more than 30 million participants.

FOX
9:00

Glee Madonna gets an entire episode tonight — a tribute to the Material Girl packed with 10 songs, seven of which appear on a separate soundtrack, "Glee: The Power of Madonna," set for release today.



BRAVO
10:00

9 by Design Bob and Cortney tackle a massive project, renovating a Manhattan dream home on the site of a former sex shop. The Novogratzes' move-in celebration is derailed by Bob's announcement that he has decided to put the place up for sale. (TRIBUNE MEDIA/AP)



LOST

Confusion Reigns Supreme

Parallel dimensions converge on "Lost." Why else would Desmond have attacked Locke, if he hadn't "remembered" that nasty incident by the well? Meanwhile Locke, or whatever he is now, gets his wish as his posse joins forces with Jack and crew. With so many dead or departed characters showing up and chatting with Hugo, viewers just want to know whether we'll ever see Juliet again. Was she lost forever when she "reset" time with the hydrogen bomb? Or will we have to wait until ABC cancels "V"? KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Film



Valiant Voices

In the documentary "Burma VJ: Reporting From a Closed Country" (9:30 p.m., HBO), brave Burmese journalists risk their lives to expose the crimes of the repressive government that controls their country in filmmaker Anders Ostergaard's Academy Award-nominated documentary. The film chronicles the actions of a brutal 40-year military regime that has been operating in a closed country, out of sight of the media. (TRIBUNE MEDIA)

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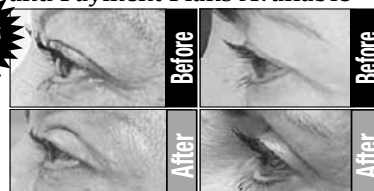
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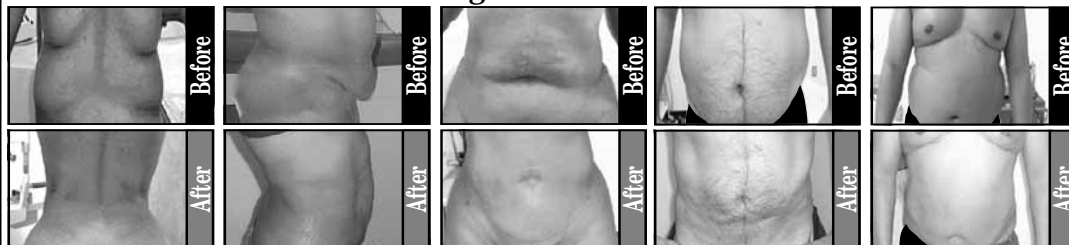
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Monday's Results

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There are other ways to travel such as car, train or ship.

COMMENTER COMMON KEVIN

Hard to say. Little testing has been done with planes flying through ash. I wouldn't want to be on the first flights.

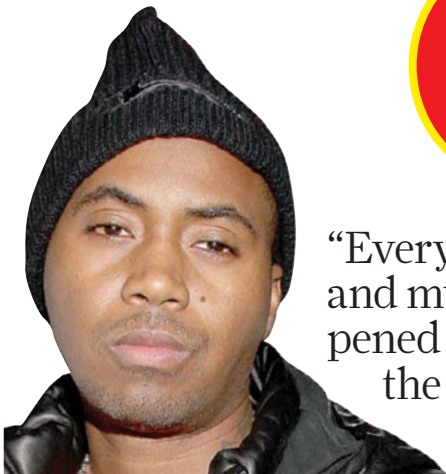
COMMENTER STR

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



What a pope does to cut loose on a Saturday night is hard to tell, but Benedict must have been doing something.

LEZGETREAL.COM POKES FUN AT POPE BENEDICT XVI, WHO APPARENTLY FELL ASLEEP DURING MASS IN MALTA ON SUNDAY.



Unlike the living hell that was this years Grammys, [the] Academy of Country Music Awards actually managed to get things right, so that means there weren't any song-writing awards given out to ghost-written frauds.

THEPROPHETBLOG.NET WAS HAPPY TO SEE CARRIE UNDERWOOD BECOME THE FIRST TWO-TIME FEMALE WINNER OF THE ENTERTAINER OF THE YEAR AWARD.



Every once in awhile, an absolute classic hits store shelves, and music remains changed forever. That's exactly what happened on this day in 1994, when the 20-year-old Nas released the watershed album 'Illmatic.'

NEWSROOM.MTV.COM PAYS HOMAGE TO THE QUEENSBRIDGE, N.Y., RAPPER'S DEBUT ALBUM, WHICH HELPED SPARK A RENAISSANCE IN HIP-HOP ON THE EAST COAST.

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Horoscope

TAURUS (April 20-May 20) A more in-depth study of current circumstances will tell you something about what lies ahead, though much remains shrouded in mystery.

GEMINI (May 21-June 20) Keep your eyes on the prize and you can surely come out ahead of the competition — even if there is further to go at the end of the day.

CANCER (June 21-July 22) You have reason to think that things are approaching critical mass, especially where a heated domestic issue is concerned.

LEO (July 23-Aug. 22) A personal accomplishment is worth remembering, but don't make excuses for a lull in energy and activity. Keep moving.

VIRGO (Aug. 23-Sept. 22) You're concerned with security and staying power at this time, all of which is a shared concern with those around you.

LIBRA (Sept. 23-Oct. 22) The information received allows you to come to a better, more detailed understanding of changing circumstances.

SCORPIO (Oct. 23-Nov. 21) You're likely to run into someone you haven't seen in quite awhile. If you play your cards right, you can pick up where you left off.

SAGITTARIUS (Nov. 22-Dec. 21) Harmony can be achieved, but you'll have to reach certain intermediate goals without trying to force the issue.

CAPRICORN (Dec. 22-Jan. 19) You're in the mood for a little more fun at this time. A good friend provides just what is needed — and just in time.

AQUARIUS (Jan. 20-Feb. 18) What begins as a strong move forward is likely to stall today, but you can keep from losing all measurable gains.

PISCES (Feb. 19-March 20) You may be able to determine just what your efforts can yield long before you put your plans in motion. Some adjustments are necessary.

ARIES (March 21-April 19) You can prove to be a hero of sorts, especially to those who are younger and more innocent. You have much to offer that is lasting.

Scrabble Grams

PAR SCORE 160-170, BEST SCORE 226

A ₁	E ₁	O ₁	Y ₄	N ₁	H ₄	P ₃

--

RACK 1

A ₁	I ₁	O ₁	R ₁	X ₈	T ₁	R ₁

Double
Word Score

--

RACK 2

A ₁	O ₁	F ₄	H ₄	N ₁	F ₄	D ₂

1st Letter
Triple

--

RACK 3

E ₁	E ₁	I ₁	O ₁	T ₁	N ₁	B ₃

--

RACK 4

Yesterday's Solution

T ₁	O ₁	I ₁	L ₁	E ₁	T ₁		RACK 1 =	6	
D ₂	A ₁	Y ₄	L ₁	O ₁	N ₁	G ₂	RACK 2 =	63	
O ₁	U ₁	T ₁	R ₁	A ₁	N ₁	K ₅	RACK 3 =	61	
T ₁	R ₁	I ₁	B ₃	U ₁	N ₁	E ₁	RACK 4 =	77	
PAR SCORE 140-150								TOTAL	207

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			7				1	3
		9	8			4		
	4	3						
6	3		1		5		2	
	7		2		3		8	5
						7	4	
		6			2	8		
4	5				8			

Yesterday's Solution

3	9	1	4	7	5	2	8	6
7	2	5	6	8	9	3	1	4
8	4	6	1	3	2	9	7	5
1	5	2	7	9	6	4	3	8
9	3	7	5	4	8	6	2	1
6	8	4	2	1	3	5	9	7
5	1	8	3	2	4	7	6	9
2	6	9	8	5	7	1	4	3
4	7	3	9	6	1	8	5	2

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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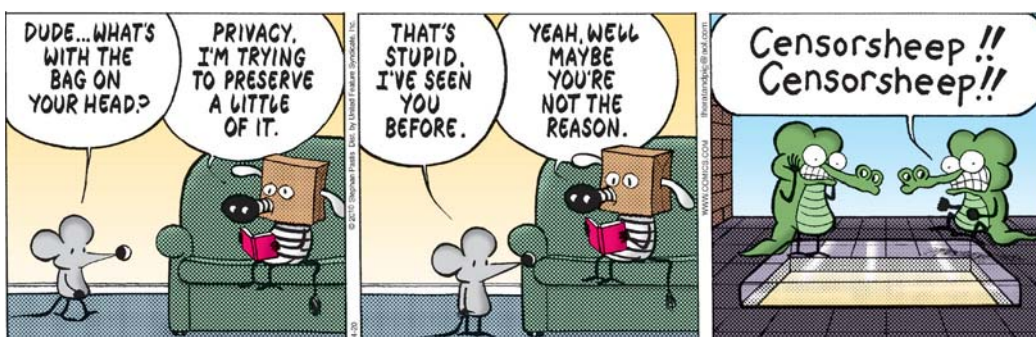
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PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

68 | 50

Today: Sunny and nice today. Partly cloudy tonight.

67 | 51

Tomorrow: Mostly cloudy tomorrow and tomorrow night with a shower.

Looking Ahead

THU	FRI	SAT
70 47	67 52	67 54

Sun and Moon

Sunrise today: 6:25 a.m.
Sunset today: 7:50 p.m.
Moonrise today: 11:05 a.m.
Moonset today: 1:21 a.m.

Almanac

Normal high: 68
Record high: 93
Normal low: 47
Record low: 22

FORECAST BY ACCUWEATHER.COM ©2009



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Presented by The GWU Hospital Women's Board, Inc.
President Lisa Tompkins Chairperson, Lisa Lightbourne

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X173c 2x5

lookout puzzles

Crossword

DRINK UP

ACROSS

- 1 Appears imminent
 - 6 Barracks bunks
 - 10 Modern TV antenna
 - 14 Eagle's home
 - 15 R.I.P. item
 - 16 Look ____ (probe)
 - 17 1777 Revolutionary War battle site
 - 19 Read bar codes
 - 20 Detroit ballplayer
 - 21 Ripe for marriage
 - 23 Blood-type letters
 - 25 Offices of bishops
 - 28 Role to play
 - 30 ____ de cologne
 - 31 Take away by force
 - 32 Process for sorting the injured
 - 35 Brainstorming session result
 - 37 New Orleans mecca
 - 42 Have an edge against
 - 43 Truly, madly or deeply, e.g.
 - 45 Fuzzy fruit
 - 49 ____ Buddhism
 - 51 Old apple spray
 - 52 Avant-garde
 - 56 Where IRS forms are made
 - 57 Japanese floor cover
 - 58 Courtship participant
 - 60 It turns on the fire
 - 61 Roll in an office
 - 66 Marooning spot
 - 67 Poet's preposition
 - 68 Common black thrush (var.)
 - 69 Within arm's reach
 - 70 Fisherman's "the one that got away"
 - 71 Like thin smoke rings
- DOWN**
- 1 Chocolate retriever, for short
 - 2 "____ the fields we go"
 - 3 Dramatic musical composition
 - 4 Alternative to hot pants
 - 5 Marshy herb
 - 6 Brightly colored seashell
 - 7 ____-Wan Kenobi (Alec Guinness role)
 - 8 ____ Lizzie (Model T)
 - 9 Courtroom employee
 - 10 Expel from law practice
 - 11 Fan the flames
 - 12 Becomes hard and dry, as bread
 - 13 "I'm telling you the truth!"
 - 18 "Uh-huh"
 - 22 Type of mobility
 - 23 Quick, as a pupil
 - 24 Wire point
 - 26 Hallowed
 - 27 Cows' chews
 - 29 Letter from Athens
 - 33 Kind of whole-wheat cracker

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
		20							21	22				
23	24			25			26	27						
28			29			30				31				
32				33	34		35		36					
	37					38					39	40	41	
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45	46	47	48			49		50			51			
52					53				54	55		56		
57								58			59			
60						61	62	63					64	65
66						67				68				
69						70				71				

EDITED BY TIMOTHY E. PARKER

- 34 Go with the flow?
- 36 Airport initials.
- 38 Colorless Greek liqueur
- 39 Sister of Zsa Zsa and Magda
- 40 Marine plant that morays love?
- 41 Golfer's hazard
- 44 Sis' male sib
- 45 Contributes, as to a pot
- 46 Pass by, as time
- 47 Hun king
- 48 Lunar depression
- 50 Law of universal gravitation formulator
- 53 ____-eyed (close to tears)
- 54 "Arabian Nights" creature
- 55 Not in the slightest
- 59 Small notions case



- 62 When repeated, a ballroom dance
- 63 Bruin legend Bobby
- 64 High energy
- 65 Isle of ____ (England)

Yesterday's Solution

1	J	A	I	Y	2	S	M	O	K	E	S	3	V	E	L	A
4	E	G	O	5	N	E	W	E	S	6	T	7	E	X	A	M
8	T	A	K	E	10	I	T	E	A	S	11	T	O	R	I	
12					13	O	P	T	E	D	14	L	A	S	T	E
15	E	T	H	I	C	S	16	P	H	E	W	17	I	D	S	
18	R	O	A	C	H	19	G	A	Y	20	A	S	C	O	T	
21	A	R	M	22	P	U	R	P	O	R	T					
23	E	A	S	24	Y	O	N	T	H	E	E	25	V	E	S	
26				27	P	U	D	G	I	E	R	28	M	P	H	
29	S	U	M	30	A	C	31	H	A	N	32	E	M	B	A	R
33	U	R	I	34	O	O	L	35	A	X	I	O	M	S		
36	B	A	L	37	S	A	M	38	B	U	T	T	S			
39	U	N	D	O	39	E	A	S	40	Y	D	O	E	S	41	I
42	R	I	E	L	42	G	R	A	43	T	E	R	44	E	N	E
45	B	A	R	E	45	A	C	C	46	E	N	T	47	D	N	A

Today in History

- 1902** Scientists Marie and Pierre Curie isolate the radioactive element radium.
- 1971** The Supreme Court upholds the use of busing students to achieve racial desegregation in schools.
- 1999** Two students kill 13 people and themselves in the worst in a rash of school shootings in the U.S. at Columbine High School in Littleton, Colo.



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people **lookout****BREAKUP CAUSES****Her Name Just Had Too Many Syllables**

Oksana Grigorieva told reporters at a Moscow press conference Monday that her split from Mel Gibson, announced last week, was sudden. "Unfortunately, I cannot give you the reason. But you will find out everything quite soon," she said. "Here is the official version: We split up by mutual consent and we will raise our daughter together." She is the mother of Gibson's eighth child. (EXPRESS)

SCIENCE**Amy and Blake Can Exist Only in a Vacuum, Top Physicists Say**

Less than a year after divorcing, Amy Winehouse and Blake Fielder-Civil are allegedly a couple again. The pair were seen celebrating Fielder-Civil's birthday at the Jazz After Dark club in London. Owner Sam Shaker told People.com that "they are in love ... If people would not interfere with all their life, they are amazing together." (EXPRESS)



Oxygen and gravity and stuff should just leave Amy and Blake alone!

Dirtbag Digest**Law, Blah, Blaw Blaw, Blaw, Blaw**

A hearing for Charlie Sheen's domestic abuse case has been pushed to June 18, Radaronline.com reported. Sheen's lawyer says the actor was not read his Miranda rights when he was arrested on Christmas Day (when wife Brooke Mueller told police Sheen threatened to kill her), and that some of his statements to police are thus inadmissible. (EXPRESS)

**IMAGERY****What a Lovely Thought to Start Tuesday**

Sharon Osbourne says she's having her breast implants removed this summer and will give them to her husband, Ozzy Osbourne, as a paperweight. The 57-year-old reality TV star says the implants will be better on Ozzy's desk "than on my chest 'cause they're awful." Osbourne is currently competing on NBC's "The Celebrity Apprentice." "It's constant mental pressure, and you've got such a short time to do each challenge," she told the "Today" show Monday. "It's really tough." (AP)

"Do it and you'll have these beautiful pictures to look at when you're my age."



— KIM KARDASHIAN, WHO SAYS HER MOM, KRIS JENNER, GAVE HER THE ABOVE ADVICE AS ENCOURAGEMENT TO POSE NUDE FOR PLAYBOY IN 2007. KARDASHIAN SAYS SHE REGRETS THE DECISION.



Larry King has no taste for the bachelor life now that he's 100,000 years old.

NOT JUICY**Larry King Marriage May Be Boring After All**

Larry King's seventh marriage may still be salvageable, according to People.com. "There's a 50-50 chance this divorce is not happening," said King's lawyer Dennis Wasser. "His focus is on the best interest of his children." King and his allegedly estranged wife, Shawn, were seen arm in arm at their son's baseball game on Sunday. "It was decided that there will be no divorce proceedings for two weeks," Wasser said. (EXPRESS)

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